

Nutty Amaranth & Cabbage

(4 Servings)



Ingredients:

900.0 grams Amaranth, uncooked
800.0 grams Cabbage, cooked, boiled, drained, without salt
150.0 grams Peppers, sweet, green, cooked, boiled, drained, without salt
150.0 grams Onions, cooked, boiled, drained, without salt
150.0 grams Tomatoes, red, ripe, raw, year round average
30.0 grams Seeds, sunflower seed butter, without salt
30.0 grams Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)
30.0 grams Nuts, almonds
60.0 grams Peanuts, all types, raw
20.0 grams Spices, paprika

Preparation/Cooking Instructions:

Cook ~2 cups Amaranth w/ 1.5 parts water to 1 grain in pot for 20 min (bring to boil, then simmer).
Lightly stir fry onion, pepper & cabbage.

Make a sauce:

Place 1/2 of cooked onion, tomato (sliced enough to fit), tahini, sunflower butter,
almond butter and paprika in a blender.

Add just enough water to blend (~1/2 to 3/4 cup).

Blend until smooth and creamy.

Mix Amaranth and stir fried vegetables.

Serve mix and add sauce to taste (though 1/8 of total of each makes a nominal serving).

Flavor Profile (Relative Perceptual Scale):

Saltiness: 0.11629683

Sweetness: 0.044135936

Sourness: 0.19798796

Bitterness: 0.16163734

Umami: 0.0743541

Richness: 0.073667675

Glycemic Load & Inflammation Profile:

Inflammation Load: -99.797676

Glycemic Load: 56.3459

Complete Protein (grams) 2.698

Nutritional Content Per Serving:

Protein : 22.822502, g

---Adjusted Protein : 0.0, g

Total lipid (fat) : 21.363626, g

Carbohydrate, by difference : 90.3795, g

Ash : 5.2205, g

Energy : 616.6125, kcal

---Energy : 2582.7249, kj

Starch : 64.46575, g

Sugars, total : 7.29575, g

---Sucrose : 2.009625, g

---Glucose (dextrose) : 2.9311252, g

---Fructose : 2.1516252, g

---Lactose : 0.0, g

---Maltose : 0.01325, g

Alcohol, ethyl : 0.0, g

Fiber, total dietary : 12.478751, g
 Water : 157.71286, g
 Caffeine : 0.0, mg
 Theobromine : 0.0, mg
 Galactose : 0.00725, g
 Calcium, Ca : 292.1875, mg, OUT OF BOUNDS: TOO LOW VS. 333.3333251953125
 Iron, Fe : 10.9018755, mg
 Magnesium, Mg : 375.19998, mg, OUT OF BOUNDS: TOO HIGH VS. 256.6666748046875
 Phosphorus, P : 849.58746, mg
 Potassium, K : 1024.175, mg, OUT OF BOUNDS: TOO LOW VS. 1566.66669921875
 Sodium, Na : 22.074999, mg, OUT OF BOUNDS: TOO LOW VS. 500.0
 Zinc, Zn : 4.7928743, mg
 Copper, Cu : 1.0605625, mg
 Fluoride, F : 1.43125, mcg, OUT OF BOUNDS: TOO LOW VS. 1333.33330078125
 Manganese, Mn : 4.5706506, mg, OUT OF BOUNDS: TOO HIGH VS. 3.666666793823242
 Selenium, Se : 24.02125, mcg
 Vitamin A, IU : 1654.8375, IU
 Retinol : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 300.0
 Vitamin A, RAE mcg_RAEVitamin A, : 82.637505, RAE, OUT OF BOUNDS: TOO LOW VS. 694.333349609375
 Carotene, beta : 877.025, mcg
 Carotene, alpha : 23.8125, mcg
 Thiamin (B-1) : 0.36954996, mg
 Riboflavin (B-2) : 0.4349875, mg
 Niacin (B-3) : 3.46035, mg, OUT OF BOUNDS: TOO LOW VS. 4.0
 Pantothenic acid (B-5) : 2.91455, mg
 Vitamin B-6 (Pyridoxal) : 1.0882751, mg
 Folate, total : 179.54999, mcg
 Vitamin B-12 (Cobalamin) : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 0.6666666507720947
 ---Vitamin B-12 : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 0.6666666507720947
 Vitamin C, total ascorbic acid : 61.646248, mg
 Vitamin D : 0.0, IU, OUT OF BOUNDS: TOO LOW VS. 66.66666870117187
 Vitamin E : 0.0, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 ---Vitamin E (alpha-tocopherol) : 4.0591254, mg
 Vitamin K (phylloquinone) : 114.119995, mcg
 Cholesterol : 0.0, mg
 Choline, total : 109.895, mg, OUT OF BOUNDS: TOO LOW VS. 183.33333740234374
 Cryptoxanthin, beta : 199.575, mcg
 Lutein + zeaxanthin : 492.10004, mcg
 Lycopene (prevents UV damage) : 482.4375, mcg
 Tocopherol, beta : 1.105125, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Tocopherol, gamma : 0.351875, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Tocopherol, delta : 0.7805, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Folic acid : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 80.0
 Folate, food : 179.54999, mcg
 Folate, DFE mcg_DFEFolate, : 179.54999, DFE
 Betaine : 76.59375, mg

Alanine g (helps enlarged : 1.2150501, prostate)
 Arginine g (good for mitigating fatty : 1.9362874, liver), OUT OF BOUNDS: TOO HIGH VS. 0.3333333253860474
 Aspartic acid : 2.2098625, g, OUT OF BOUNDS: TOO HIGH VS. 0.6666666507720947
 Cystine : 0.32319996, g, OUT OF BOUNDS: TOO LOW VS. 0.3333333253860474
 Glutamic acid : 4.3125377, g
 Glycine : 2.238725, g
 Histidine : 0.61536247, g
 Isoleucine : 0.9312874, g
 Leucine : 1.4337624, g
 Lysine : 1.1004125, g
 Methionine : 0.3723625, g
 Phenylalanine : 0.943625, g
 Proline : 1.1120125, g
 Hydroxyproline : 0.0, g
 Serine : 1.620225, g
 Tryptophan : 0.29804996, g
 Threonine : 0.8788127, g
 Tyrosine : 0.5711, g
 Valine : 1.093175, g
 Fatty acids, total trans : 8.5000007E-4, g
 ---Fatty acids, total trans-monoenoic : 6.0E-4, g
 16:1 t (trans-Palmitoleic acid) : 6.0E-4, g
 18:1 t (trans-Oleic acid) : 0.0, g
 22:1 t (trans-Erucic acid) : 0.0, g
 ---Fatty acids, total trans-polyenoic : 2.5E-4, g
 18:2 t not further defined : 2.5E-4, g
 18:2 t,t : 0.0, g
 Fatty acids, total saturated : 3.1548998, g
 4:0 (Butyric acid) : 0.0, g
 6:0 (Caproic acid) : 0.0, g
 8:0 (Caprylic acid: melts @ 16.3 deg C) : 0.0, g
 10:0 (Capric acid: melts @ 31.3 deg C) : 0.0, g
 12:0 (Lauric acid) : 0.00575, g
 13:0 : 0.0, g
 14:0 (Myristic acid) : 0.039625, g
 15:0 (Pentadecanoic acid) : 0.0, g
 16:0 (Palmitic acid) : 2.257575, g
 17:0 (Margaric acid) : 3.5000002E-4, g
 18:0 (Stearic acid) : 0.7145625, g
 20:0 (Arachidic acid) : 0.05915, g
 24:0 (Lignoceric acid) : 0.0, g
 22:0 (Behenic acid) : 0.02035, g
 Fatty acids, total monounsaturated : 5.6571126, g
 14:1 : 0.0, g
 15:1 : 0.0, g
 16:1 undifferentiated : 0.0387875, g

16:1 (Palmitoleic acid) c : 0.011550001, g
 17:1 : 0.0012500001, g
 18:1 undifferentiated : 6.4793377, g
 18:1 (Oleic acid) c : 1.53055, g
 20:1 : 0.050537504, g
 22:1 undifferentiated : 0.0, g
 24:1 c (Nervonic acid) : 0.0, g
 22:1 c (Erucic acid) : 0.0, g
 Fatty acids, total polyunsaturated : 9.127076, g
 18:2 ---undifferentiated (n-6=Linoleic acid) : 9.589263, g
 18:2 n-6 c,c (Linoleic acid) : 0.60275, g, OUT OF BOUNDS: TOO LOW VS. 2.3933332443237303
 18:2 i : 0.0, g
 18:2 CLAs : 5.0000002E-5, g
 18:3 ---undifferentiated (n-3=a-Linolenic acid) : 0.11594999, g, OUT OF BOUNDS: TOO LOW VS.
 0.6
 18:3 n-3 c,c,c (a-Linolenic acid) : 0.04755, g, OUT OF BOUNDS: TOO LOW VS. 0.6
 18:3 n-6 c,c,c (Linolenic acid) : 0.0, g
 18:3i : 0.0, g
 18:4 : 0.0, g
 20:2 n-6 c,c : 2.0000001E-4, g
 20:3 undifferentiated : 0.0, g
 20:3 n-3 : 0.0, g
 20:3 n-6 : 0.0, g
 20:4 undifferentiated : 0.0, g
 20:4 n-6 (Arachidonic acid) : 0.0, g
 20:5 n-3 (EPA: Eicosapentanoic acid) : 0.0, g
 21:5 : 0.0, g
 22:4 : 0.0, g
 22:5 n-3 : 0.0, g
 22:6 n-3 (DHA: Docosahexanoic acid) : 0.0, g
 Phytosterols : 56.0, mg
 ---Stigmasterol (a phytosterol) : 0.2, mg
 ---Campesterol (a phytosterol) : 0.25, mg
 Beta-sitosterol : 6.6, mg

Number of nutrients above maximum target limits: 4
 Number of nutrients within target limits: 116
 Number of nutrients below minimum target limits: 20